

ABSTRACT

The invention pertains to a martial arts training device, a kit for assembling the device, and a method of using the device. The device includes a vertical elongate shaft
5 supported by a rotary bearing, the rotary bearing supported by a base such that the shaft can rotate freely 360 degrees in either direction, the device including at least four arms, each arm extending out from the shaft at about a right angles thereto, the arms being located in spaced apart relationship both with respect to the length of the shaft and with respect to orientation around the shaft in a plane normal to the shaft, wherein
10 each arm after a first arm has a predecessor arm along the shaft, and each arm after the first arm is rotated at least 60° with respect to its predecessor arm.